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AUTHOR Coleman, Trudy; And Others
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ABSTRACT

This instructional packet is one of a series of five modules that emphasize a systematic decision-making model for common problematic situations. The steps of the model are identifying the problem, gathering information, developing and assessing alternatives, implementing a solution, and evaluating and modifying the solution. Aimed at adult basic education (ABE) students, each packet contains the following sections: pretest; objectives; information for the learner, with relevant exercises and worksheets, case studies that students can discuss together; and posttest. In addition, a form for students to evaluate the materials is provided. The packets were designed to be flexible, to stress problem-solving techniques that can be transferred to other situations, and to use community resources. Materials can be used on an individual or group basis, and usually can be used independently with evaluation and reinforcement provided by the teacher. This packet, on staying healthy, covers health care providers, health habits, safety, illness, medical quackery, and personal responsibility for healthy life-styles. (KC)

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COPING WITH CRISIS

STAYING WELL IS UP TO YOU

by

TRUDY COLEMAN, Illustrator

JANE GROGAN, Project Director

ROBERT KOTSULL, Consultant Adult Basic Education

ANTHONY ROSTOCK, Consultant Reading Specialist

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FOR THE TEACHER

Coping With Crisis for the Adult Learner is a series of five instructional packets which emphasize a systematic decision-making model for common problematic situations. Although the topics vary for each packet, the format and strategies remain constant.

RATIONALE

The rationale for the entire series is that, regardless of the problem, the use of a general problem-solving approach usually yields positive results. This approach can be summarized as follows:

1. **Identify the problem.**
2. **Gather information.**
3. **Develop and assess alternatives.**
4. **Implement a course of action.**
5. **Evaluate the solution and make necessary modifications.**

Many times, individuals involved in Adult Basic Education (ABE) programs may find themselves overwhelmed by personal problems. Without the skills to attack the problems systematically, the person may be at a loss as to how to proceed. As a result, the difficulties remain unsolved. In addition to the personal consequences, there are educational implications as well. Such a person is likely to find it difficult to benefit fully from any education program until progress is made in other areas of his/her life.

FORMAT

Each packet contains the following sections:

1. **Pretest - used to assess prior learning and for evaluation purposes**
2. **Objectives**
3. **Information for the learner - with relevant exercises**
4. **Case Study - Upon completion of the questions it is helpful for students to discuss their responses**
5. **Post test - for evaluation**

These packets were designed to be flexible, to stress problem-solving techniques which can be transferred to other situations, and to utilize community resources. Depending on the situation, the materials can be used on a group or individual basis. A fourth-grade reading level is utilized throughout. For the most part, learners will be able to proceed independently with evaluation and reinforcement provided by the teacher. Numerous opportunities are provided for students to apply what they have learned within a practical context, and teachers can help by encouraging the adult learners to complete all exercises.

FOR THE STUDENT

At some time, almost everyone has problems with their health, children, money, or marriage. You can't avoid such problems entirely, but still you can learn to handle them in a positive way. The series, **Coping With Crisis**, will give you information so you can find answers which meet your needs.

Whenever you have a problem, you need to tackle the issue. You must also admit that physical and emotional stress can happen with it. For example, the stress that starts with a money problem can spill over and cause tension in a marriage. When a parent is ill, children may get upset too! To avoid one problem causing another, it is helpful to have positive ways to cope.

Although it is hard to say the specific problems that a person may have, it is helpful to know general steps which can work in solving just about any issue. These steps are called a **decision-making model**. The specific steps are:

1. **To understand what factors led to the problem.**
2. **To get information.**
3. **To think about different ways of solving the problem and to weigh the good and bad points of each.**
4. **To decide on a course of action.**
5. **To see if the solution worked and make any needed changes.**

Only rarely is one solution a perfect one. Almost any choice will represent a compromise. Often the biggest challenge is selecting the solution which meets your needs and is still fair to other people who may be involved.

HOW TO USE THESE MATERIALS

Each booklet starts with a short quiz to help you see what you already know. Your time is valuable, and it does not make much sense to spend too much time on topics you already know.

The quiz is followed by useful information. The more you know about any issue the more likely you are to make a wise choice on how to solve it. This information uses the **decision-making model**. It will help you see how it is used in everyday cases. There are also some short exercises. These will help you to try out your new problem-solving skills. They will also help you find help in your own area that you can use when a problem occurs. Using such resources can help you bring expert advice to a problem. It doesn't mean that you've failed when you seek such help. It does show you we want the very best solution possible. You are also smart enough to know where to get such aid.

Next there is a Case Study which allows you to use all your skills in a real-life situation. In many instances, there are no "right" answers to case study questions. Therefore it can be worth-

while for persons working on the same packet to discuss their answers with each other.

Finally you will find another brief quiz. It will help your teacher learn if the packets were useful to you. The most important thing to remember is that your final goal should not be only to do well on the quiz. Your success really will be clear when you can tackle everyday problems in a calm and effective way. In a sense then, your daily life is your real final exam.

STAYING WELL IS UP TO YOU

NOTE TO TEACHER: Please detach this sheet before giving the packet to a student.

OBJECTIVES:

STUDENTS WILL:

1. Recognize that they have the primary responsibility for maintaining their own wellness.
2. Identify major health issues at various stages of the life cycle.
3. Evaluate the advantages and disadvantages of various health care alternatives.
4. Identify their rights and responsibilities involved in the doctor/patient relationship.
5. Recognize indications of possible health quackery.

PRE-TEST NAME _____

STAYING WELL IS UP TO YOU

1. How familiar are you with the fact that good health and personal well-being is our own responsibility?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

2. How familiar are you with the concept of pre-natal care?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

3. How familiar are you with the problems of teenage alcohol and drug abuse?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

4. How familiar are you with self-help groups or support groups?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

5. How familiar are you with HMO's (Health Maintenance Organizations)?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

6. How familiar are you with the concept of "quackery" in health care?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

7. How familiar are you with your rights and responsibilities as a patient?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

8. How familiar are you with "what you must do to stay healthy"?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

STAYING WELL IS UP TO YOU

IDENTIFY THE PROBLEM

Today many people are worried about high health care costs. Many also have felt the pain connected with illnesses such as cancer and heart disease. Accidents, too, have changed the quality of life for many people. Among young people and children, accidents are a leading cause of death.

Besides complaining about the cost of being sick, many people feel there is little they can do about it. In fact, we often talk about the "victim" of some accident or disease as if there wasn't anything we can do. It may never be possible to prevent all sickness or accidents. Still there is a great deal we can do to reduce how often they occur. Major health problems are not always inevitable. We can be responsible for our own health and well-being. Health care providers can help us, but they cannot do the job for us.

GATHERING INFORMATION

Every stage of the life cycle brings some risks. In many cases, we can avoid illness and injuries by looking ahead and knowing the risks. Then we can avoid them. In other cases, changes in our way of living are needed to keep us fit. Let's look briefly at what we already know about staying well throughout life.

Prenatal Period

Every mother hopes to have a healthy baby. She wants her child to have the best possible start in life. However there is much she can do beyond just hoping to help have a healthy baby.

Prenatal care really should begin long before a woman thinks about having a baby. A balanced diet, regular exercise, caution in using drugs, and regular check-ups all help to make sure a woman starts pregnancy in the best health possible. It really is hard to make up for years of neglect. It's also tough to make big changes in health habits during the nine months of pregnancy.

The best thing a woman can do for her own health and that of her baby is to get prenatal care as soon as she thinks she is pregnant. She may decide to seek care from a private doctor or a clinic. Either way following the advice of the health care staff will make the mother feel sure that she is giving her baby the best possible start. Worksheet I provides a chance to check on what you know about prenatal care.

PRENATAL CARE - THE MOST IMPORTANT

WORKSHEET I

HAVING A HEALTHY BABY

Part I This section looks at health concerns for all women who may plan on being mothers at some time in the future. Check off all statements which are *true* for you.

1. ____ I regularly eat a well-balanced diet.
2. ____ I maintain a normal weight.
3. ____ I exercise regularly.
4. ____ I have had all my suggested immunizations - DPT, measles, rubella (German measles), mumps, polio. (Check with your doctor if you are not sure.)

5. _____ I don't smoke.
6. _____ I avoid all unnecessary drugs and medicines unless recommended by my doctor.
7. _____ I drink alcohol only in moderation.
8. _____ I permit X-rays to be taken only when they are necessary.

Part II If you are pregnant, there are more steps you can take to be sure of having a healthy baby. Check yourself on the following:

1. _____ I am getting regular prenatal care from a qualified health provider.
2. _____ I am following my doctor's recommendations concerning diet and weight gain.
3. _____ I take NO medications without checking with my doctor first (this includes even common over-the-counter drugs such as aspirin, cold remedies, laxatives, etc).
4. _____ I avoid alcohol completely.
5. _____ I avoid all unnecessary X-rays.
6. _____ I attend prenatal classes to learn more about having a healthy baby.
7. _____ I get the necessary amount of rest each day.
8. _____ I follow my doctor's suggestions concerning exercise during pregnancy.

Part III Most communities have a variety of health services for pregnant women and their babies. Use your phone directory to locate at least one community resource for each of the following:

1. Low cost prenatal care _____
2. Prenatal or childbirth classes _____
3. Women's Infants, and Children's Supplemental Feeding Program (WIC). This is a government program which supplies vouchers for specific food products to low-income women and their children who may be nutritionally at high risk. _____

Childhood

Once a healthy baby is born, we can take steps to be sure the child stays in good health. Infancy and childhood are times of great growth. We must accept the responsibility for helping our kids stay healthy.

Many accidents are preventable, yet they are a major cause of health problems in children. Also regular medical care can do a lot to help children develop normally. If any prob-

lems do come up, they can often be treated if they are found early. We also know that the health habits we have in childhood will have an impact on our health throughout life.

If you are a parent or ever take care of children, Worksheet 2 will give you a chance to review things you can do to keep kids healthy.

WATCH FOR ACCIDENTS
BEFORE THEY HAPPEN!

WORKSHEET 2

KEEPING CHILDREN HEALTHY

Part I If you are in a position where you regularly care for children, use this checklist to review ways to keep children healthy. Place a check-mark before all statements which are *true* for you.

Safety

a. ___ When I take a child in a car, the child is ALWAYS placed in a secure car seat or seatbelt

system.

b. _____ Household chemicals are stored out-of-reach of children.

c. _____ I never lay a baby down with a bottle in his/her mouth.

d. _____ All medicines are stored out-of-reach of children or have child-proof safety caps.

e. _____ Children are always supervised while eating and food is cut in small sized pieces.

f. _____ Toys are selected which are right for the child's age and with safety in mind (lead-free paint, no sharp edges, no small objects which might be swallowed, no toys which shoot objects).

g. _____ If young children are in my home, all electrical outlets have safety covers.

h. _____ When I give children new toys, I teach them how to use the toys safely (bikes, skates, sports equipment, etc).

i. _____ While young children are playing, I make sure they are watched.

j. _____ I never leave children alone in the house or in a parked car.

k. _____ I keep young children away from the stove when I am cooking.

l. _____ I have talked to my child about what they should do if someone approached them in a situation which might lead to sexual abuse.

m. _____ I don't allow children in the area when I am using dangerous tools.

n. _____ With young children, I use gates or doors to protect them from falling down stairs.

o. _____ I am familiar with basic first-aid procedures.

p. _____ I have taken a CPR course and would know what to do if a child stopped breathing or choked.

Health

a. _____ I take my child for regular medical check-ups.

b. _____ All immunizations have been given according to the schedule recommended by my doctor.

c. _____ My child visits the dentist every six months and brushes and flosses regularly at home.

d. _____ I make sure the child keeps a regular bedtime schedule.

e. _____ I provide regular, well-balanced meals and avoid allowing the child to eat alot of junk foods.

f. _____ The child is physically active on a regular basis under supervised conditions.

g. _____ I avoid all methods of discipline which have the potential to harm the child.

h. _____ Whenever my child appears ill or injured, I seek qualified medical attention immediately.

ADOLESCENCE

Teenagers undergo rapid growth. They also must make many emotional adjustments if they are to become independent adults. It is normal that teens want to take responsibility for themselves. However they still need supervision for regular health care, good eating patterns, and rest.

Certain issues are often difficult for teens. They are alcohol, drugs, and sex. Teens need to be given guidance in these areas. One-time scare lectures generally will not do the job. Keeping communication lines open between parents and teens is a major challenge of this period. Parents must be alert to signs which may show that teenagers are troubled. Ignoring problems and hoping that young people will outgrow this "stage" is not realistic. Teens often can be very emotional. Parents may find it hard to be objective toward their own children. For these reasons, outside professional help can be very worthwhile.

ADULTHOOD

Even if your health habits have never been great, don't give up. It is never too late to accept responsibility for your own wellness. Most of us are well aware of the rules of good health. However we sometimes may chose to pretend that we will never get sick. Such wishful thinking really isn't a sign of a mature and realistic attitude.

People are taking on more responsibility for their own well-being. This can be seen in the growth of self-help support groups. If we want to stop smoking, lose weight, kick a drug or alcohol habit, or deal with many other problems, support groups exist which help people reach their goals. The groups offer proven ways to reach a goal. They also offer emotional support to members, and many have a good record of success. Before joining any self-help group, it is a good idea to check it out with your doctor.

THE ELDERLY

Many senior citizens have shown that older adults do not have to be ill, senile, or a burden to their families. It is important to have good health habits throughout life. It also helps to develop a positive attitude. If we do, we can be active, happy and vital members of our communities no matter what our age. Even when illness does strike, home health services and day care centers for the elderly offer new ways to keep the family together. They also help the elderly to be as independent as possible. Your local Agency on Aging can provide details on many social, nutrition,

and medical programs.

PROBLEM SOLVING ALTERNATIVES

A major contribution you can make toward your own well-being is to find a family physican. Select a well-qualified doctor with whom you are comfortable. Go for regular check-ups and follow his/her suggestions. All this will help to give you a firm foundation for good health. Your family doctor is also the best person to decide when you need a specialist and to find a good one.

Health Maintenance Organizations (HMO's) offer a new way to get Health Care. With an HMO, you prepay one fee for a period of time. Then all or most of your medical and surgical needs are taken care of. One problem with HMO's is that they are not available in all areas. Another is that the required payment may be hard to manage unless it is offered as a fringe benefit where you work.

Another choice is to seek care through a hospital or community-based clinic. Fees are generally less than those of a private doctor. However there are three trade-offs which you may want to think about. The first is that you may see many different doctors over a period of time. Thus there is not one doctor in charge of your care. The second problem is that the clinic may be part of a training program for doctors. If this is true, you may see many inexperienced staff people. The final drawback to many clinic programs is that there is often not enough staff to keep up with the need for services. Thus you may have a long wait for care. Chart I outlines your options in seeking health care. Chart I is outlined on the following page.

CHART I

CHOICES IN HEALTH CARE

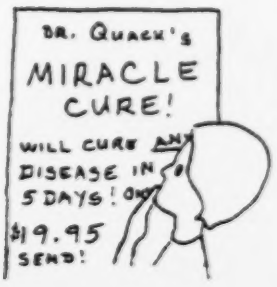
SOURCE	PAYMENT	ADVANTAGES	DISADVANTAGES
Private Doctor	Separate fee for each service	1. You choose a doctor you're happy with. 2. He knows your medical history.	1. If you need many services, costs may be high.
Health Maintenance Organization (HMO)	Prepay one fee to cover all services. Costs don't change whether you use few or many services.	1. HMO'S stress prevention. They make money if you stay well. 2. Variety of health services are often in one place.	1. They are not available everywhere 2. Membership fees may be high especially, if you don't need a lot of care. 3. You may not be able to choose your doctor
Hospital or Community Clinic	May have reduced or sliding-fee costs.	1. Lower Costs. 2. Variety of services are often in one place.	1. No one doctor coordinates your care. 2. Long waiting periods. 3. You may be seen by doctors who are still being trained.

One thing which you should avoid is using hospital emergency rooms for rountine health care. This is not what they were designed to do. Using emergency rooms in place of having a regular doctor can lead to problems with your health care. It is also often more expensive.

Many communities do sponsor some health care services which may be free or low cost. They can supplement care from your doctor. For example, screenings for high blood pressure and diabetes, are often available in the community. Watch your newspaper for announcements of such services.

USE THE FREE SERVICES

We must all be aware of one caution when seeking medical care. Great progress has been made in medicine. Still doctors do not have answers for every problem. As a result, people are sometimes tempted to turn to less well-trained persons for health care. People who offer treatments which are not based on scientific facts are often called "quacks". They make huge amounts of money from people who are ill-informed or desparate. There is something even worse than the money which is wasted. It is the harm which people can incur from following the advice of quacks. For example, some treatments from quacks can make an existing problem much worse. Finally the ill person may decide to seek qualified medical attention. By then the treatment is often far more complicated than it would be at an earlier stage. It may even be too late for the treatment to work at all.



TOO GOOD TO BE TRUE? BEWARE!

You may not be a scientist. Then how can you recognize health quackery? There are common practices among such people which should stop and make you think Some tip-offs are:

1. *Their claims sound too good to be true.*
2. *They openly attack or raise suspicians about the medical profession.*
3. *They claim to be the only source of treatment. Real progress in medicine is available from a variety of doctors.*
4. *They use movie stars and sports figures to promote their product.*
5. *Information about the treatment is only available through the popular press or in ads. Real breakthroughs are usually announced first in professional journals and not with sensational claims or headlines.*
6. *The person offering the product or treatment has a great deal to gain financially if you follow his/her advice.*
7. *There is little or no information about the person's training and experience.*

Worksheet 3 will give you practice in recognizing quackery in health care.

WORKSHEET 3

FIGURING OUT THE FADS

Some of the following statements represent sound advice. Others are similar to claims often made by quacks. For each statement, write down either a "R" for "Reasonable" or a "Q" for "Questionable" advice.
If you mark a statement "Q", briefly explain your reasons for being suspicious (refer back to the tip-offs to quackery).

1. "A noted authority recently reported a cure for arthritis using a type of laser therapy. Treatments are only available at his clinic in Cancun, Mexico."

_____

_____

2. "A well-balanced diet is important to good health. It should consist of fruits and vegetables, dairy products, breads and cereals, and protein foods such as fish and poultry."

_____

3. "Lose weight and eat anything you want. Never be hungry. Don't worry about exhausting exercise routines. Just take a 250 mg tablet of Sea Smooth Kelp before each meal and watch the pounds melt away."

4. "The secret is out. Cancer can be cured. For years, doctors have known how to cure almost all types of cancer, but they refused to make the treatments available to the public because they would lose so much money. To get more information, call 215-947-3456."

5. "A regular aerobic exercise routine should be a part of our approach to staying healthy. At least three times a week, we should do vigorous exercise for at least 30 minutes. Swimming, walking, jogging, and biking all provide aerobic benefits. Check with your physician before starting any exercise program."

6. "Famous actress, Michelle DeRojas, is now ready to share her secret for the anti-aging diet. To stop the breakdown of cells, prevent wrinkles, and keep energy levels high, Ms. DeRojas recommends a pure protein diet. No milk products are allowed."

TAKING ACTION

Maintaining good health requires a life-long effort. Crash diets, short term exercise programs, and good intentions will not be enough. Use common sense, moderation, and follow the advice of your doctor. All this helps us to enjoy a maximum state of wellness.

If you should become ill or injured, you still must play a part in your health care. Re-

member you and your doctor must be a partnership if you are to get better. For example, you are expected to:

1. *Give complete and honest answers to all questions about your medical history.*
2. *Follow doctor's orders precisely as they are given.*
3. *Report any changes in your condition.*

Just as you have responsibilities, you also have rights as a patient. Sometimes people become threatened by health care staff and don't assert their rights. You do have the right to:

1. *Have all your questions answered in a way which is clear to you. If you don't get clear answers, don't give up. Keep asking.*
2. *Know why you are being given any medicines, tests, or treatments. You should also ask about any possible side effects.*
3. *Ask whether there are other ways to treat your problem. Compare effectiveness, cost, and side effects.*
4. *Ask for a second opinion. This is especially important before consenting to any non-emergency surgery.*
5. *A clear break-down of all fees.*

If you do assert your rights as a patient, your doctor may not respond well. Then it may be necessary for you to consider changing doctors. Most doctors today will welcome a patient who wants to be an equal partner in staying well.

One area when communications often break down between doctors and patients is when you're telling him exactly what is wrong with you. When you're sick, it can be hard to give a good description of the condition. Sometimes time is wasted if the doctor has problems in getting a complete understanding of your problem. Other times, it can actually lead to the wrong treatment if the doctor is relying on faulty information. Before calling a doctor, be sure you have all your facts straight. Worksheet 4 will help you get to know the questions often asked by doctors.

WORKSHEET 4

TELLING IT LIKE IT IS

Part I Think back to the last time you had to call or visit a doctor either for yourself or a member

of your family. Using that as a basis for your answers, write out responses to these questions. Try and be as specific yet brief as possible.

1. What is the problem?

2. When did it start?

3. Has this ever occurred before? If "yes", tell me about it.

4. What have you done about it so far? What was the person's response?

5. Is the person allergic to any drugs?

6. What is the person's temperature?

7. Is there pain? If "yes", describe the exact location and type of the pain.

8. Describe any other important details

Part II Give your answers to someone else in class. Ask them to read over them and 1) Point out anything which is not clear and 2) Suggest additional questions which might need to be answered. Now take the time to rewrite any answers which weren't clear and to answer any new questions suggested by your partner.

EVALUATING YOUR SOLUTION

Suppose you find yourself ill or injured and you do not see any improvement in your condition in a reasonable period of time. There are two important people to question. Begin by checking with yourself. Have you followed the doctor's orders precisely? Have you taken the medicines and followed the treatments exactly as you were told? Are you expecting too much progress too soon?

Secondly if you are not happy with your progress, talk to your doctor. He or she needs to know if you are not responding to treatment. Perhaps the treatment needs to be changed. Maybe a second opinion from another doctor is necessary. In any case, don't give up. If you are not satisfied, ask for a second opinion yourself.

Staying healthy is not just a matter of luck. When we feel fine, we take our health for granted. Yet without good health, nothing else in life seems to be really worthwhile. A basic step we can all take is to accept that we are mainly responsible for our own wellness. Today we know a great deal about staying healthy. But we are the only ones who can make that knowledge useful.

CASE STUDY

STAYING WELL IS UP TO YOU

Once an individual passes through childhood their physical health and well being is largely their own responsibility. Be it drugs or alcohol the choice is up to each of us. Being educated to one's own well-being is important. Our doctor or clinic can be valuable in helping us to remain healthy and active throughout our life.

We must remember that our wellness is our own responsibility. There are many qualified persons to help us, but there are also quacks who can do serious harm to us.

We must be wise consumers when it comes to our good health.

How would you advise an 50 year-old relative who has not taken good care of himself over the years? He may drink a little too much, not exercise, and smoke. Is it too late to change? Whose advise can you suggest that he seek?

The next page has some questions based on this Case Study. They will help you to see how well you have improved your problem-solving skills.

CASE STUDY QUESTIONS

1. State in your own words what are the major problems in the case study.

2. What kinds of information would you need to know to plan a course of action?

3. What resources in your community might help in solving this problem?

4. List as many possible solutions as you can.

5. Which solution would you recommend? Why?

6. Any one solution is rarely perfect. What problems might arise with the solution you chose?

7. How would you decide if your solution worked well?

8. If your first approach didn't work out, how might you improve it?

POST-TEST Name _____

STAYING WELL IS UP TO YOU

1. How familiar are you about the overall general knowledge contained in this packet?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

2. How familiar are you with the concept of "quackery" in health care?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

3. How familiar are you with self-help groups or support groups?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

4. How familiar are you with the concept of pre-natal care?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

5. How familiar are you with the fact that good health and personal well-being is our own responsibility?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

6. How familiar are you with the problems of teenage alcohol and drug abuse?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

7. How familiar are you with HMO's (Health Maintenance Organizations)?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

8. How familiar are you with your rights and responsibilities as a patient?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

STUDENT EVALUATION

We are very interested in how you feel about this book. Please complete the following checklist. There is space at the bottom for your comments. Anything you might want to add can be written there.

	YES	NO
1. The material was interesting.	____	____
2. I learned some new ideas.	____	____
3. The information will be useful in my daily life.	____	____
4. It was easy to read.	____	____
5. The exercises and case study helped me use my new skills.	____	____
6. I was able to do most of the work without help from the teacher.	____	____

The packet stressed a specific way to make decisions. It includes:

1. Identify the problem.
2. Gather information.
3. Think of different solutions and weigh their good and bad points.
4. Make a decision.
5. Decide if your course of action was successful. If not, make changes.

7. I understand this approach to making decisions.	____	____
8. I think it will be useful to me.	____	____
9. I learned more about the community services which are available.	____	____

Comments:

Your Age: _____

Sex: _____

Highest grade you've completed: _____

How many hours did it take you to complete this booklet? _____